## In the Abstract:

Applicant restates the Abstract of the Disclosure as follows:

A shelf lift system has support brackets including first and second pivots fixed to sidewalls of a cabinet. A swing linkage has first and second bars coupled to the pivots. Shelf supports coupled to the first and second bars support a common shelf for movement between an upper and a lower position. An adjustment plate adjusts the force applied by a biasing member. A latch coupled to each shelf support engages a latch pin coupled to one of the first and seconds bars when the shelf is in the upper position. A latch release allows the shelf to move to the lower position. A cushion fixed to the support bracket intercepts a stop contact when the shelf moves to the lower position.